

DO 1 THING

GOAL FOR APRIL - FOOD:

Store an emergency food supply that will meet your household needs for 3 days without outside help.



❖ Buy a three-day emergency food supply for your household.



❖ Put aside a three-day supply of food for disasters. Follow the BUS rule to help you. BUS stands for balance, usability, and shelf-life.

❖ 1. Balance: A balanced diet includes a variety of foods. This is especially important for people with certain health conditions. Include high energy foods (such as nuts and protein bars) and comfort foods (such as graham crackers or chocolate).

❖ 2. Usability: Choose items that don't need to be cooled, heated, or need a lot of water. Examples include canned or dried meat, dry cereal, and canned vegetables. Make sure you have a manual can opener.

❖ 3. Shelf Life: Look at the expiration date listed on the food item. Use and replace foods before the expiration date.



❖ Take steps to make sure food in your refrigerator and freezer will stay safe.

❖ If the temperature in your fridge stays above 41⁰F for more than 4 hours, perishable food items may be unsafe to eat.

❖ If the temperature in your freezer stays above 41⁰F for more than one to 4 days, food may be unsafe to eat. Food that still contains ice crystals should be safe.

❖ Take steps now to make sure your food remains as safe as possible:

- Install a thermometer in your fridge and freezer.
- Keep containers of ice in your freezer to keep the temperature down.



❖ When the power goes out:

- Cover the fridge or freezer in newspapers and blankets but keep vents clear.
- Avoid opening the door to the fridge or freezer.
- Use dry ice, if available.

❖ Make sure you can meet any special dietary needs in your household.

❖ Prepare for special food needs and keep special food prep equipment available.

❖ Research and prepare non-perishable menu options.

❖ Keep a description of your medical condition and the diet in your emergency kit.



The Red Cross will never provide information about you to anyone without your permission. There is never any charge for emergency sheltering.



Check out this link for more information and help getting prepared:
<http://do1thing.com/audiences/individuals>